

tnatton (Cogitation) is truth, and whose seat
 is purity, fe
 liberated from the trammels of life. He,
 who constantly
 contemplates the most excellent Vishnu, the
 lord of the
 universe, the knower of past, present, and
 future, the witness
 'to whatever takes place in the universe, and
 who is beyond
 *11 speech (descripti9n), becomes an
 emancipated self. He,
 who constantly contemplates > Vishnu, that
 lies beyond the
 ken of knowledge, the undecaying, eternal
 subjectivity, is
 liberated from the trammels of life. He,
 who constantly
 contemplates Vishnu, the protector of the
 universe, the friend,
 the grantor of all desired objects, the spirit that
 occupies the
 three regions and Js imaged in the universe,
 is liberated
 from the trammels of life. He, who constantly
 contemplates
 Vishnu, the dissipator of all misery/the grantor
 of all bliss
 the extinguisher of all sin, is liberated from
 the trammels
 of life. He, who constantly contemplates
 Vishnu, who is
 always served by the Devas, Gandharvas,
 Apsarasas, Siddhas,
 Ch&ranaS) Munis, and Yogins, is liberated from
 the trammels
 of life. He, who wishing to be liberated
 from the bond
 of existence constantly contemplates Vishnu by
 hymnising
 him in the abovesaid way, becomes a liberated
 self. The
 universe is established in Vishnu, Vishnu is
 established in
 the universe; he, who constantly contemplates
 the birthless
 Vishnu, the lord of the universe, is
 liberated from the
 trammels of
 life.

Suta said :—The bull-ensigned deity thus
addressed the
holy Nara'da of yore. ! have narrated to you
(the hymn)
exactly as Shiva narrated it to that holy sage.
O my child)
by thus meditating upon the changeless,
indivisible Brahma,
you shall attain his eternal Self. The merit of
celebrating
a thousand horse-sacrifices and a hundred
Vijapeya Yajnas
does not rank a sixteenth part of what is
acquired by medi-
tating, for a moment, with undivided attention!
on the eternal
Self of Vishnu. The celestial Rishi (sage)
having learnt
from Ishvara (Shiva) of the superiority of
Vishnu to all the